**‘A City for all Carers – Aberdeen City Health and Social Care Partnership (ACHSCP) Carer Strategy 2023 – 2026**

Young Carer Discussion Points - Secondary School Age - Guidance for Families / Groups

This discussion guide is intended to help any interested group with discussing the Carer Strategy with Young Carers of Secondary Age. There is no expectation that it is used or that you stick to this format, it is intended to help prompt discussion and can be adapted to suit your needs.

There are 3 discussion points these are linked to specific questions within the [Survey,](https://consultation.aberdeencity.gov.uk/aberdeen-city-health-and-social-care-partnership/a-city-for-all-carers-achscp-carer-strategy) feedback can be provided using that format or directly to Grace Milne – gracemilne@aberdeencity.gov.uk . If feedback is sent directly it is helpful to know in what capacity you have completed it, for example, as a family or group, and how many Young Carers were involved in the discussion.

The Consultation Survey and all the accompanying documents are available via the above link or this QI Code below.

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| Topic | Estimated discussion time |
| **Introduction – What is a Carers Strategy?** *Pages 1 – 7 of the Carer Strategy Summary (available via the Consultation link) provides an introduction which can be used to guide this discussion.***Discussion point 1 – (Linked to Consultation Survey ‘Carer Experience Questions’)**What are the top 3 most important things you want us to know about life as a Young Carer?*This allows for an open discussion on what is important to Young Carers before considering the Actions in the strategy.* *This can help when considering whether the Priorities and Actions reflect what is important to young people or whether other areas need to be highlighted.***Discussion Point 2 (Linked to Consultation Survey ‘Your views on the Draft Strategy’)***For each priority within the strategy the young people will be asked to indicate if they agree with the priority (scale of 1-5) and the Actions. A template which can be used is included at the end.**You can then consider how they think we can achieve the actions – specifically- what is working well now? What could be better?***Priority 1-** “I am supported to identify as a Carer and am able to access information about the support I may need”Actions1. Increase the number of young Carers who are known to education and support services
2. Increase the knowledge of the workforce about Carers rights, for example, teachers, health staff.

*Discuss;**How did you find out about being a Young Carer? What worked well? What could be better?***Priority 2** - “I am supported as a Carer to Manage my Caring Role”Actions1. Review of Young Carer Support service

*Discuss;**Do you know about the Barnardos Young Carer Support service?* *Do you attend? What works well? What could be better?***Priority 3 -** “I am respected, listened to and involved in the planning and development of the services and support which I and the person(s) I care for receive”Actions *(You may wish to prioritise these based on what the young people know about and want to discuss – lots of Actions in this one)*1. Review use of Young Carer Statements

– *Do the young people know what these are? How helpful do they find them?*1. Coordinate with all youth groups so they are aware of how to recognise and support young carers

– *Do they have any experiences with this?*1. Support Young Carers through the change from Young Carer to Adult Carer Support

– *Have they thought about this? What questions or worries do they have about support as they get older?*1. Understand what other supports Young Carers find helpful

– *Who else supports you? What works well? What could be better?*1. Involve more Young Carers in making decisions about support for Young Carers

– *How do we make sure Young Carers have a voice in decisions about their support? What would work for you?*Priority 4 - “I have a sense of belonging and a life alongside caring, if i choose to.”Actions1. Support Young Carers to have a break from their caring role
* *What does a break mean to you? What is working well? What could be better?*

**Discussion point 3 –***Reflect on initial priorities. Have these been covered? If not, what else do we need to include within the strategy on this?* | 5 mins10 mins30 mins10 mins |

Priorities Questionnaire Template;

*This can be copied to assist with gaining the view of young people on this question.*

Do you agree with the four priorities? Please indicate on a scale of 1 (strongly disagree) to 5 (Strongly agree).

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|  | 1 (Strongly Disagree) | 2(Disagree) | 3(Neither agree nor disagree) | 4(Agree) | 5(Strongly agree) |
| Priority 1 - Identifying as a Carer and the first steps to support |  |  |  |  |  |
| Priority 2 - Accessing Advice and Support |  |  |  |  |  |
| Priority 3 - Supporting future planning, decision making and wider Carer involvement |  |  |  |  |  |
| Priority 4 - Community support and services for Carers |  |  |  |  |  |